

FIRE SAFETY FOR OLDER PERSONS



**SHREWSBURY
FIRE DEPARTMENT**
SMOKE DETECTORS SAVE LIVES

SPECIAL NEEDS

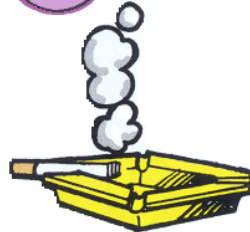
Older persons must take extra special precautions to maintain fire safe conditions and practices around the home. As we age, our movements may become stiff and slower...Our hearing and eyesight may diminish and our mental abilities may decline.



BE PREPARED

Therefore, we must take particular care to be as well prepared as possible for emergencies due to fire!

1



SMOKING SAFETY

Of course, safe smoking habits are high on the list of sound fire safety practices! Never smoke in bed. Use large untippable ashtrays.

Wet all cigarette butts before discarding the trash...Make sure cigarettes and all hot ashes are dead out!

2

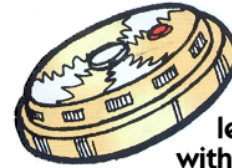
SPACE HEATERS



Space heaters can get hot enough to ignite nearby drapery, paper, or clothing. Keep heaters safely away from combustible materials...At least three feet. Your clothing could catch fire just by brushing past one. Always turn heaters off before going to bed.

3 SMOKE ALARMS

Older persons need all the warning opportunities available. Install alarms at every risk location...At each sleeping area...In the basement...The garage...And each level of the home. Use alarms with especially loud signals. Test them each month and change batteries yearly.



4

CARE IN THE KITCHEN

The kitchen is a high-risk area for fire. Cooking carelessly can be very dangerous. Don't cook if you feel sleepy or drowsy from medications or intoxicants. Never leave cooking foods unattended and always turn pot handles in to avoid accidental spills. Use a timer with a loud alarm to remind you when burners or the oven need to be turned off. Use kitchen mitts for protection from burns. Never wear loose floppy clothing around the stove. In case of a grease fire, smother the flames. Never use water.

RING!



Be safe!
Keep an
A-B-C rated
fire extinguisher
handy!

©1999 MMS-ROSS

5

PLAN YOUR ESCAPE



optional route.

Know two ways to escape out of every room! Practice to avoid confusion in an emergency. If one exit is blocked by smoke or flames, be sure you can get out by an unobstructed

6

LOCKS & LATCHES



All doors and windows on the escape routes must be easy to open. Security locks & latches should have quick releases to accommodate the elderly.

7

EXIT OPTIONS



Apartment dwellers should be able to find their two nearest exits, even in the dark. Count doors or other "landmarks" so you can find your way out without confusion.

8

GETTING HELP



If you can't get out, don't panic. Use the phone, if you can to call for help, or signal from a clear window to attract attention to your location. Advise a neighbor to check on you in an emergency.

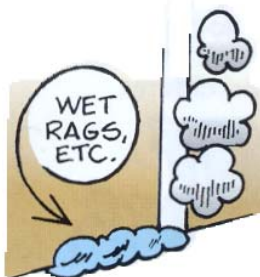
9 TEST DOORS FOR HEAT



Fire can be raging on the other side of a closed door! Be sure the doors on your escape route are safe to open by testing for heat... First - press the back of your hand lightly against the door. If it feels hot, do not open it. Use your alternate route.

10

BLOCK OFF SMOKE

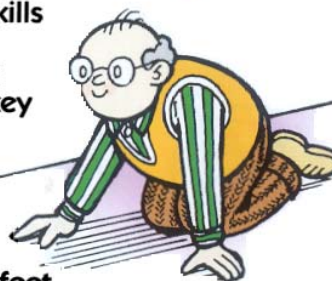


If you can't escape, block off poisonous smoke by stuffing rags or clothing...Wet, if possible...Around doors. Then signal or call for help.

11

CRAWL LOW UNDER SMOKE

Smoke and invisible poisonous gas kills more people than flames. If you must exit through a smokey area, crawl along the floor where the air will be cleaner, cooler and safer. Try to keep below two feet above the floor.



12

STOP, DROP, AND ROLL!



If your clothing begins to burn or smolder, Don't panic. **A** Stop walking or running so you won't fan the flames...



Then, **B** Get down to the floor. Lower yourself as quickly as you can...Finally, **C** Cover your face with your hands and roll over and over to smother the flames.



13

ONCE YOU'RE OUT, STAY OUT!

After successfully following your escape route, you will be safely outside. Get as far away from the fire as you can and notify the fire department from an outside phone or fire alarm. Never go back inside, not for anything!



© 1999 MMS-ROSS

National Imprint Corporation

11440 W. Sample Rd.
Coral Springs, Florida 33065